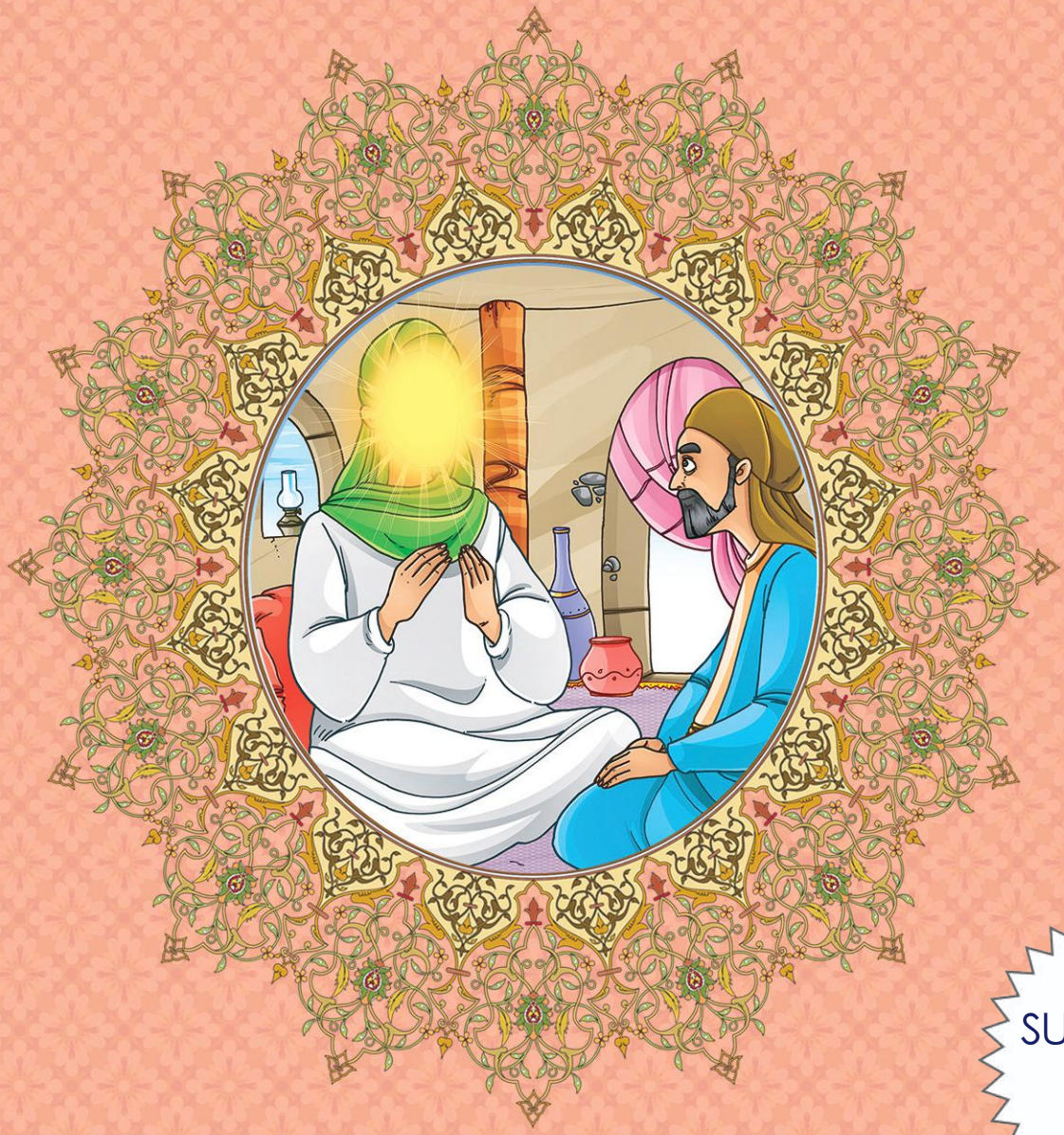
8

THE GUIDING LIGHT

Spirituality in Islam

A Collection of Quranic Verses and Sayings from the 14 Masumin



SUGGESTED AGES 8+

KISA KIDS PUBLICATIONS

GUIDED BY MOULANA NABI R. MIR (ABIDI)

Disclaimer: Religious texts have ***not*** been translated verbatim so as to meet the developmental and comprehension needs of children.

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Dedication

This book is dedicated to the beloved Imām of our time (ʿaj).
May Allah (swt) hasten his reappearance and help us to become his true companions.

Acknowledgments

Prophet Muḥammad (ṣ): On the Day of Resurrection, the ink of the scholars will be weighed up against the blood of the martyrs, and the ink of the scholars will be heavier than the blood of the martyrs.
Nahj al-Faṣāḥah, Saying #3222.

True reward lies with Allah (swt), but we would like to sincerely thank Brother Aliakbar Shaheidari and Sisters Sabika Mithani, Liliana Villalvazo, Zahra Sabur, Noor Kraus, Fatima Hussain, Sumaiya Mithani, Fizza Moalem, Sajeda Merchant, Shahista Asgaraly, Sarah Assaf, Fatemeh Eslami, Israa Safieddine, Abeda Khimji, Zehra Abbas, Elham Shaheidari, and Rumina Hashmani. We would especially like to thank Nashr Kumeh Publications for their artwork and contributions.

May Allah (swt) bless them in this world and the next.

Marḥūmīn Dedication

For our daughter Shireen Ahsan, who loved the Ahl al-Bayt, and was loved by all around her,
please recite a Sūrah al-Fātiḥah.

Preface

Prophet Muḥammad (ṣ):
Nurture and raise your children in the best way. Raise them with the love of the Prophets and the Ahl al-Bayt (ʿa).

Literature is an influential form of media that often shapes the thoughts and views of an entire generation. Therefore, in order to establish an Islamic foundation for the future generations, there is a dire need for compelling Islamic literature. Over the past several years, this need has become increasingly prevalent throughout Islamic centers and schools everywhere. Due to the growing dissonance between parents, children, society, and the teachings of Islam and the Ahl al-Bayt (ʿa), this need has become even more pressing. Al-Kisa Foundation, along with its subsidiary, Kisa Kids Publications, was conceived in an effort to help bridge this gap with the guidance of ʿulamāʾ and the help of educators. We would like to make this a communal effort and platform. Therefore, we sincerely welcome constructive feedback and help in any capacity.

The goal of *The Guiding Light* series is to help children learn that Islam is a holistic religion that shows the best way to lead our lives in all different areas!

With Duʿās,
Nabi R. Mir (Abidi)

About the Board ʿĀlim

Moulana Nabi R. Mir (Abidi) is a scholar, an educator, a father, and an enthusiast for creating educational infrastructure and Islamic resources for the benefit of the global community. Always wanting to think 'outside of the box' by supporting the creation of innovative materials to engage young readers to pick up Islamic books, interact with Qurʾānic games, learn from the Steps to Perfection Curriculum, and begin their life-long journey of holistic education.

Being a dedicated student and graduate of *Darse Khārij* from the *Ḥawzah* (the Highest Level of Islamic Studies in the Seminary), Moulana Abidi knows the value of Islamic education. Also, having grown up in India, and now residing in the United States, he has had the honor of traveling to various communities and meeting many community leaders. He values the importance of collaboration and working together to optimize potentials, and to create open source platforms so that information and resources are available and accessible to everyone around the world.

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You, dear reader, are now part of the Al-Kisa family.
Share the word, and join the mission.

8 Spirituality in Islam

A Collection of Qur'ānic Verses and Sayings from the 14 Maʿṣūmīn

In order for our bodies to grow and prosper, they need beneficial food and nutrients. Similarly, in order for our souls to thrive and prosper in reaching their purpose, we must "feed" and nurture them spiritually. Imām Ḥasan (ʿa) has said, "I wonder why people are careful about choosing food for their bodies, but are not careful about the [spiritual] food they feed their souls." One of the best "foods" we can feed our souls is ṣalāh, as this strengthens our connection to our Creator and is one of the best ways to thank Him.

Lesson
I

IMPORTANCE OF ṢALĀH

حَافِظُوا عَلَى الصَّلَوَاتِ

Be mindful of your prayers.

Sūrah al-Baqarah, Verse 238

One day, as Prophet Muḥammad (ṣ) was sitting with one of his closest friends, he told him, "You've done so much for me over these past seven years. I'd like to give you a gift. What would you like me to give you?"

The man felt extremely honored! "O Prophet of Allah," he replied. "Please give me some time to think about it."

The next day, the man returned to the Prophet (ṣ) and said, "After thinking about it for a long time, I now know what I want. Please ask Allah to make me your neighbor in Heaven!"

The Prophet (ṣ) was surprised and asked, “How did you come up with this wish? Did someone teach it to you?”

“No,” said the man. “Well, I was thinking about what I could ask for. I soon realized that everything in this world will disappear one day, so no matter how much money I may have, it won’t last forever. That’s when I decided to wish for something much more special that will last forever!”

The Prophet (ṣ) smiled and said, "I'll pray that Allah grants your wish." He then paused and said, "I also want to give you some advice." The man was all ears, ready to soak in everything that the Prophet (ṣ) was about to tell him. He knew very well that any time the Prophet (ṣ) spoke, he said the wisest things.

"Besides loving me and doing good deeds," advised the Prophet (ṣ), "You should also give special attention to your ṣalāh, especially sujūd!"

Biḥār al-Anwār, Vol. 3

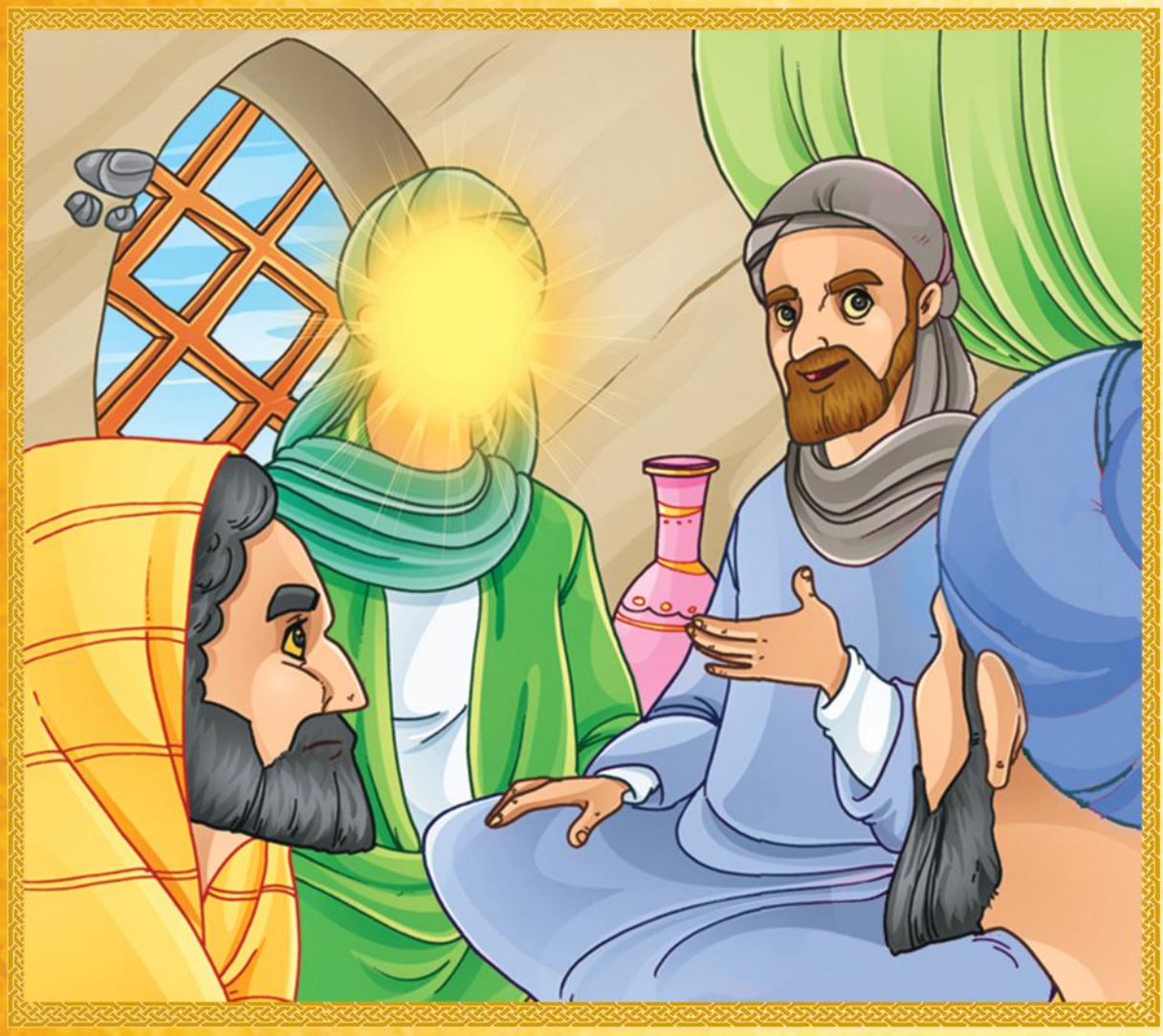
أَلصَّلاَةُ مِفْتَاحُ الْجَنَّةِ

Prophet Muḥammad (ṣ):
Ṣalāh is the key to Heaven.

Nahj al-Faṣāḥah, Ḥadīth #1588

Lesson 2

IMPORTANCE OF RECITING QUR'ĀN



فَاقْرَؤُا مَا تَيَسَّرَ مِنَ الْقُرْءَانِ

As much as you can, read from the Qurʾān.

Sūrah al-Muzzammil, Verse 20

One afternoon, the Prophet (ṣ) was sitting in a gathering with many people. He was always trying to find the right time to teach people something useful. Now happened to be one of those moments. He greeted everyone in the room and then asked, "Which one of you fasts every single day, stays up all night praying, and recites the entire Qurʾān everyday?"

There was pin drop silence as everyone looked at each other puzzled. Finally, one man with a strange accent broke the silence. "I do," he said with a smile.

Everyone turned around to see who would say such a thing. "It's Salmān, the Persian," someone whispered.

Everyone was shocked, and a few men were almost exploding with anger. "There are so many times when we've seen him eat during the day! We've also seen him sleep on most nights, and we've never seen him recite Qurʾān for the entire day!" complained one of the men to the Prophet (ṣ). "So how could he possibly do everything you said?"

"Why don't you ask him yourself?" the Prophet (ṣ) calmly replied.

The man turned to Salmān and repeated the same questions. "So tell us," he raised his voice. "How is that even possible?"

Salmān smiled and answered with confidence. "I fast for three days each month," he began. "Allah tells us in the Qurʾān that if we do one good deed, He will give us ten times the reward," he continued.

Three times ten is thirty, and that's equal to a month, the men calculated in their heads.

"Okay, but what about staying up all night in prayer? We've seen you sleep many nights," said the same man, this time with less force.

"Well," Salmān said. "I once heard my dear Prophet say that when someone goes to sleep with wuḍūʾ, it's like they're worshiping Allah the entire night. And I sleep with wuḍūʾ every night. As for reading the whole Qurʾān everyday," continued Salmān, "I once heard RasūlAllāh say that if someone reads Sūrah al-Ikhlāṣ three times, it's like they have read the entire Qurʾān. And I read Sūrah al-Ikhlāṣ three times everyday."

The man was stunned and speechless. Meanwhile, the Prophet (ṣ) was very pleased with Salmān. "How merciful is Allah!" some of the people thought to themselves as tears began to well up in their eyes. "He multiplies the little we do and gives us so much hope in becoming better people." They then prayed that they could one day reach that high level.

Biḥār al-Anwār, Vol.2

إِذَا أَحَبَّ أَحَدُكُمْ أَنْ يُحَدِّثَ رَبَّهُ فَلْيَقْرَءِ الْقُرْآن

Prophet Muḥammad (ṣ):
Whenever you would like to speak to your Lord,
read from the Qurʾān.

Kanz al-ʿUmmāl, Vol. 1, P. 510

Lesson 3

IMPORTANCE OF GOING TO THE MASJID

وَارْكَعُوا مَعَ الرَّاكِعِيْنَ

Bow down along with those who bow (in prayer).

Sūrah al-Baqarah, Verse 43

It was almost prayer time, and Imām Ḥasan (ʿa) was getting ready to go to the masjid. He loved to go to the masjid. Even though he was only seven years old, he would stay after prayer and listen to the Prophet's speeches with all his heart and mind; he would absorb everything he heard and memorize all of the new verses from the Qurʾān. After the speech, he would run back home and tell his mother everything he learned!

When he would explain, Sayyidah Fāṭimah (ʿa) would give him all her attention and listen with great interest and joy. When her husband, Imām ʿAlī (ʿa), would come home, he was always surprised that Sayyidah Fāṭimah (ʿa) knew all about what the Prophet (ṣ) had said in his speeches.

"How do you know all of that?" he asked her one night. She explained that their son would come back from the masjid and tell her everything he learned. Imām ʿAlī (ʿa) was very happy to hear this, and they both felt proud of their son.

The next day, Imām ʿAlī (ʿa) came home earlier than usual so that he could also hear what Imām Ḥasan was going to say. He decided to hide behind the curtain and wait, so he could hear him with his own ears. But when Imām Ḥasan (ʿa) came, he did not explain what he had learned at the masjid. He just stood there, speechless.

His mother was both surprised and worried. "My dear Ḥasan," she said gently. "What's the matter?"

He replied, "I'm at a loss for words because I feel like there is someone more knowledgeable than me in the room."

When Imām ʿAlī (ʿa) heard this, he came out from his hiding place, took his son into his arms, and proudly kissed him. Imām Ḥasan (ʿa) now understood why he was tongue-tied! He knew that Imām ʿAlī (ʿa) was more fit to explain the speech from the masjid.

Biḥār al-Anwār, Vol.4

عَلَيْكُمْ بِإِتْيَانِ الْمَسَاجِدِ فَإِنَّهَا بُيُوتُ اللهِ فِي الْأَرْضِ

Imām Jaʿfar aṣ-Ṣādiq (ʿa):
Be sure to go to the masjid on a regular basis, for it is the house of Allah on Earth.

Muntakhab Mīzān al-Ḥikmah, 266

Lesson 4

IMPORTANCE OF LOVING & FOLLOWING THE AHL AL-BAYT

إِنْ كُنْتُمْ تُحِبُّونَ اللّٰهَ فَاتَّبِعُونِي يُحْبِبْكُمُ اللّٰهُ

If you love Allah, then follow me (the Prophet), and Allah will love you.

Sūrah Āl-ʿImrān, Verse 31

One hot summer day, the Prophet (ṣ) was traveling outside of Medina with a group of friends. Halfway through their journey, the Prophet (ṣ) noticed that someone was missing from the group. "Where is Abū Dhar?" he asked. After looking back, they realized he was gone and decided to wait for him to catch up.

Abū Dhar had fallen behind the group because his camel was too hot and tired to carry him. "We need to find water," said Abū Dhar to his camel. After searching for a while, he found a small stream of pure, cold water. He bent down and took a handful of water. But after taking a small sip, he dropped the water from his hands and filled his water-pouch instead.

Meanwhile, the rest of the group was still on the lookout. It had been three days since they last saw Abū Dhar. Just as they started to get very worried, one man said excitedly, "Look over there!" They could see someone walking toward them. The other men squinted their eyes to get a better view. "It's him!" someone called out.

Abū Dhar was dragging himself; he was so thirsty that he was losing his balance, about to faint. Seeing that Abū Dhar was exhausted, the Prophet (ṣ) rushed toward him. The Prophet (ṣ) noticed that Abū Dhar had a water pouch with him. "How come you have water with you, but you're still thirsty?" he asked.

Abū Dhar explained how he had found a stream of water. "But after taking a sip of refreshing water," said Abū Dhar, "I just couldn't drink more without first sharing some with my beloved Prophet."

The Prophet (ṣ) looked at him with loving eyes and said, "May Allah have mercy on you!"

Biḥār al-Anwār, Vol. 21, P. 216

مَنْ أَحَبَّنَا فَهُوَ مَعَنَا فِي الْجَنَّةِ

Imām ʿAlī (ʿa):
Whoever truly loves us (the Ahl al-Bayt) will be with us in Heaven.

Biḥār al-Anwār, Vol. 10, P. 107

Lesson 5

IMPORTANCE OF ANGELS & REWARD

مَّا يَلْفِظُ مِن قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيدٌ

Not even a single word is spoken without there being [an angel] watching over, ready (to write).

Sūrah Qāf, Verse 18

One day as the Prophet (ṣ) was looking up at the clear blue sky, he smiled. A man who was sitting next to him noticed this and wondered what the Prophet (ṣ) was smiling about. I don't see anything; there's nothing in the sky, he thought.
"Why are you smiling?" he asked the Prophet (ṣ) after clearing his throat.

The Prophet (ṣ) turned to him and said, "I saw two angels in the sky. They came down to the earth to reward a man for being a good worshiper. But since they did not find him in his usual spot, they knew that he was sick. So, when they went back up to the sky to tell Allah, Allah told them to record good deeds for the sick man on each day that he was sick."

Allah knew that the sick man had good intentions. He also knew that if he had not been sick, he would have made it to the masjid, so He rewarded him even though he was absent from the masjid. Allah is so kind that He always tries to find reasons to reward us, even if we don't deserve it.

Biḥār al-Anwār, Vol. 1

قَدْ وَكَّلَ بِذَالِكَ حَفَظَةً لَا يُسْقِطُونَ حَقًّا

Imām ʿAlī (ʿa):
Surely, Allah sent angels to record all of our deeds so that nothing goes unreported.

Nahj al-Balāghah, Sermon #182

Quiz Time!

1. What advice did the Prophet (ṣ) give to one of his closest friends?
   a. To care more about his ṣalāh, especially the sujūd
   b. To read a lot of Qurʾān, especially Sūrah al-Ikhlāṣ
   c. To go to the masjid more often, especially on Fridays

2. How is it possible for someone to read the whole Qurʾān every day?
   a. By listening to a recording of the Qurʾān while sleeping
   b. By keeping a copy of the Qurʾān in their pocket
   c. By reciting Sūrah al-Ikhlāṣ three times

3. What would Imām Ḥasan (ʿa) share with his mother when he came home from the masjid?
   a. The snacks they served at the masjid
   b. News about what everyone was wearing and saying
   c. The new aḥādīth and verses of the Qurʾān that he learned

4. In the ḥadīth in Lesson 4, Imām ʿAlī (ʿa) tells us that whoever loves _____ will go to Heaven.
   a. the Qurʾān
   b. the Ahl al-Bayt
   c. ṣalāh

5. Who records our good and bad deeds?
   a. The angels
   b. The Prophets
   c. The Imāms

6. Name two things from this book that you would like to start doing in order to get closer to Allah.

Email your answers to QUIZZES@KISAKIDS.ORG, and we will send you a certificate!

Glossary

(ṣ): Peace and blessings be upon Prophet Muḥammad and his family

(swt): All Glory belongs to God, the Glorified and Exalted

(ʿa): Peace and blessings be upon him/her

(ʿaj): May God hasten his reappearance

Aḥādīth: Traditions from the Noble Prophet of Islam

Ahl al-Bayt: Divinely appointed family members of Prophet Muḥammad (ṣ)

al-Fātiḥah: The first *sūrah* that is commonly recited and sent as a gift of prayer for the deceased

Alḥamdulillāh: All praise is for God

Allah: The Arabic term for God, a culmination of all His holy names and titles

Duʿāʾ: Supplication; a deep connection and communication between an individual and God

Imām: A divinely appointed leader, sometimes refers to a spiritual leader

Imām Ḥasan (ʿa): The 2nd Imām (divine leader); his name means good-doer

Imām aṣ-Ṣādiq (ʿa): The 6th Imām (divine leader); his name means the truthful

Imām ʿAlī (ʿa): The 1st Imām (divine leader); his name means the exalted

InshāʾAllāh: God-willing

Marḥūmīn: Someone who has passed away

Masjid: Mosque

Maʿṣūmīn: Infallibles

Qurʾān: The Holy Book of Muslims

Ṣalāh: Prayer

Sayyidah Fāṭimah (ʿa): The daughter of the Noble Prophet, and most pious lady in Islam

SubḥānAllāh: All Glory and Praise belongs to God

Sūrah: A chapter of the Qurʿān

ʿUlamāʾ: Scholars

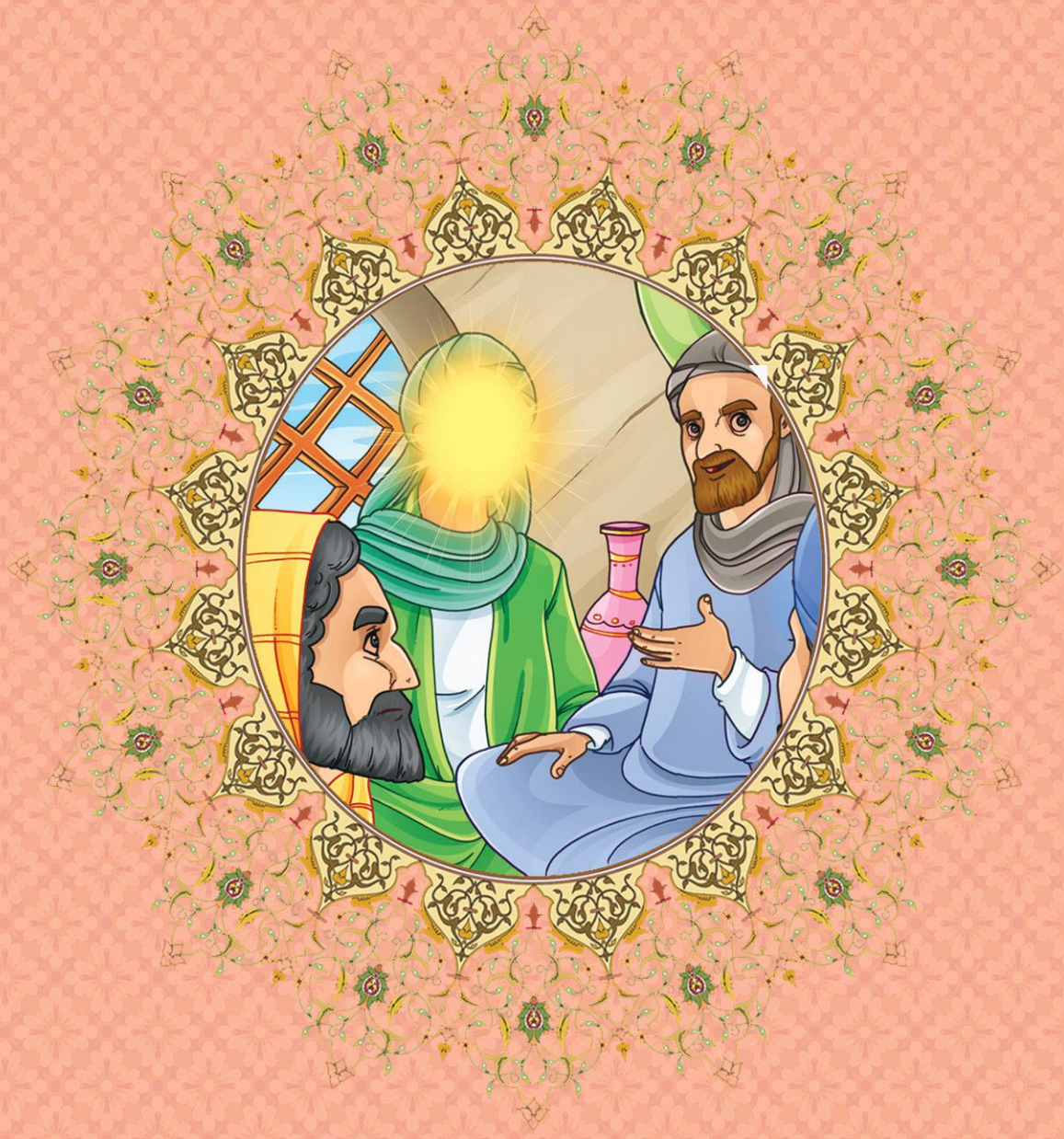
Transliteration Chart

Arabic terms in this book have been transliterated according to the following guidelines*:

ء	a, i, or u (initial form)
ء	ʾ (medial or final form)
ا	a
ب	b
ت	t
ث	th
ج	j
ح	ḥ
خ	kh
د	d
ذ	dh
ر	r
ز	z
س	s
ش	sh
ص	ṣ
ض	ḍ
ط	ṭ
ظ	ẓ
ع	ʿ
غ	gh
ف	f
ق	q
ك	k
ل	l
م	m
ن	n
ه	h
و	w
ي	y

ـَ	a
ـِ	i
ـُ	u
ـّ	double letter
آ / ـَا / ىٰ	ā
ـِي	ī
ـُو	ū

*Please note that due to limitations, the transliteration is not 100% accurate in capturing tajwīd rules.



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